

FOURTH COUNCIL DISTRICT SENIORS COMMISSION AND SENIORS RESOURCE CENTER

Metro AARP Chapter 4916 Luncheon set for October 24th

AARP local Metro Chapter 4916 President Johnnie Miller announced that AARP's Annual Fund Raiser this year will be a "Luau Luncheon" at the Bali Hai Restaurant on Shelter Island, Friday, October 24, 2003 and the guest speaker will be the Honorable Councilman Charles Lewis. The event will begin at 11:00 a.m. and is expected to last until 3:00 p.m. Program Chair Cynthia White-Parks has planned an outstanding program that will provide entertainment and offer good food, door prizes, raffles. A special prize will be offered to the individual whose attire is judged to best represent a Hawaiian motif. A donation of \$20.00 per person is requested. Funds raised will be used for operation of Metro AARP Chapter 4916. For additional information or for reservations, please call Cynthia Parks at (619) 264-1090.

JEWELL HOOPER CALLS IT QUILTS!

After more than eleven years as Instructor of the "55 Alive Safe Driving Program" sponsored by AARP for residents of the Fourth Council District and surrounding communities, Jewell Hooper announced that the classes she conducted on September 9th and 11th, were her last classes. Ms. Hooper addressed the Chapter at their meeting on Friday, September 26th and gave some history of her involvement with the safe driving program. She cited personal reasons involving her health as the main factors for giving up the program. In her talk, she told of finding out that residents who lived in zip code areas 92102, 92105, 92113, 92114, and 92139, were being charged more for automobile insurance than those in other zip codes. In the insurance business this is known as "red lining". Upon successful completion of the "55 Alive" program, insurance companies are forced to give a safe driving discount. Partially, through Ms. Hooper's efforts, the practice of "redlining" was exposed. Jewell is anxious for someone in our area to step up and take over the Safe Driving Instructor's job. She will be more than happy to furnish all the information necessary for you to be trained. This is a good program and needs to be kept in our community. If you are interested, please call Ms. Hooper at (619) 264-4201.

FREE DENTAL AND ORAL HEALTH SERVICES BY AARP

Dental Health Van visits will begin Monday, October 6, 2003, and will be scheduled for each Monday, as long as enough people are signed up to make it worthwhile to bring the Dental Health Van down from Los Angeles. The Dental Van will be located at Skyline Park & Recreation Center, 8285 Skyline Drive. The feedback regarding the quality and professional service provided by this program has been outstanding. Free Dental and Oral Health services will be offered in our community to Medi-Cal cardholders. MediCare beneficiaries desiring to be treated must pay the Medi-Cal rate in cash, or by check.

You must make an appointment! To register for treatment and for additional information, please call Cynthia White-Parks at (619) 264-1090.

MOBILE PHONES AND FUELING VEHICLES

Shell Oil Company recently issued a warning after three incidents in which (cell) phones ignited fumes during fueling of vehicles. In one case, the phone was placed on the car's trunk lid while the car was being fueled. The phone rang and the ensuing fire destroyed the car and the gasoline pump. In another case, an individual suffered severe burns to the face when answering the phone and the fumes were ignited while the car was being refueled. In the third case, an individual suffered burns to the thigh and groin

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region as fumes were ignited when the phone rang as the car was being refueled. You should know that mobile (cell) phones:

- Can ignite fuel
- That light up when switched on, or when they ring, release enough energy to provide a spark for ignition.
- Should not be used around other materials that generate flammable or explosive fumes.

Remember the Four Rules for Safety:

- Turn off the engine
- Don't smoke
- Don't use your cell phone
- Don't re-enter your vehicle while refueling

Note: If you absolutely HAVE TO get into your vehicle while re-fueling

DR. RICHARD O. BUTCHER HONORED BY MAYOR AND CITY COUNCIL

On Monday, September 22, 2003, in City Council Chambers, the Mayor, Councilman Charles Lewis and other Council members honored Dr. Richard O Butcher and proclaimed it "Dr. Richard O. Butcher Day in the City of San Diego."

Councilman Lewis initiated the Award in recognition of Dr. Butcher's leadership and his association with Dr. John Trombold, the Thomas T. Stevens Cancer Center, and the African Prostate Cancer Advisory Committee, in providing free prostate cancer screenings to African American males and other males of color in the Fourth Council District and adjoining communities. Regular prostate screenings at various locations in the Fourth District have resulted in more than 204 screenings of men who are at high risk, which includes 132 men who would not have otherwise been tested. Dr. Butcher received his Medical Degree from Meharry Medical College in 1964. He has served our community for many years and Councilman Lewis said that he has delivered so many babies in our district that they are sometimes referred to as "Butcher Babies." Dr. Butcher continues to donate his time providing free prostate cancer screenings every year with the support of San Diego County Department of Health and other organizations. Councilman Lewis said, "It is an honor to recognize Dr. Butcher's commitment and his service to our community is appreciated."

CONSTRUCTION OF POLICE FACILITY ON FEDERAL BOULEVARD

Councilman Lewis, Mayor Murphy, and the City Council have approved of construction of a new \$8 million dollar police facility on Federal Boulevard. Along with construction of the garage, \$1.5 million dollars in capital improvements was set aside. Some of the capital improvements will include sidewalks, gutters, and drains along the south side of Federal Boulevard. Sidewalks will also be placed on the North side of Federal Boulevard up to the Little League fields. The Little League fields have been dedicated and formally recognized as Sunshine Bernadini Fields. In addition to capital improvements, conservation protection will be given to Spillman Drive north of the area and six acres of land has been set aside as open space. Two acres will be used to create a community park and the remaining four acres will be preserved as natural habitat.

NO! ON PROPOSITION 54

On September 9, 2003, at the request of Councilman Lewis, and Rules Committee placed on the Council Docket Proposition 54, the classification of Race, Ethnicity, Color and National Origin Ballot Initiative.

On September 17, 2003, the Rules, Finance and Intergovernmental Relations Committee voted 4 to 1 to oppose Proposition 54; the lone dissenter was Councilman Jim Madaffer.

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On September 22nd, the San Diego City Council moved to adopt a resolution to recommend that the City of San Diego establish a position of OPPOSITION to Proposition 54 on the October 7th election ballot.

“Sometimes we have to stand up and do what is right,” declared Lewis.

Proposition 54 proposes an amendment to the State Constitution that restricts the ability of public entities to collect information related to race, ethnicity, color, or national origin. Such information is useful in a positive way in providing information useful in demonstrating compliance with non-discrimination laws, and in evaluating education, health, etc. as a condition of receiving federal funds.

So remember, it's NO on Proposition 54 (Racial Privacy Initiative Proposition) on October 7th.

CARDIOASCULAR DISEASE AND WOMEN

“More women are killed by heart disease than any other cause in America” states Dr. Denise Hermann, assistant director of UCSD Heart Failure/Transplant Program. Lack of awareness is seen as a contributing factor. Heart disease takes almost twice as many female lives as all forms of cancer.

- Over the age of 65, one in three million women have some form of cardiovascular disease (CVD).
- Since 1984, the annual number of female deaths attributable to CVD exceeds that of men.
- 38% of women die within a year of a heart attack; 24% of men die.
- 63% of women who die suddenly of a coronary heart disease had no recognized symptoms of the disease.
- 61% of stroke deaths attributable to high blood pressure

MEMORY STUDY

Dr. Larry Squire and his research team at UCSD and the VA Medical Center are conducting an ongoing research study on memory. Volunteers are needed to participate in memory studies involving paper and pencil, oral, or computer test sessions. Testing sessions can range from 15 minutes to 1 1/2 hours. Some tests require just one session while others may last two or more days. Compensation for transportation is at the rate of \$5.00 per hour. Volunteers should be between the ages of 30 to 80. Please call Jennifer Frascino or Leah Swalley at (858) 642-3628 for more details.

SLEEP DISORDERS STUDIES

Sonia Ancoli-Israel, Ph.D., Director of the Sleep Disorders Clinic at the VA Center is conducting research studies on memory and learning benefits by treating people who may have a sleep disorder, and who also suffer from Alzheimer's disease.

Men and women must be between the ages of 50 and 85 and have a diagnosis of or suspicion of Alzheimer's disease. To qualify, participants must have a caregiver, be in stable health, and be English speaking.

Compensation of \$400.00 upon completion. To participate, please call Deborah Greenfield, M.A. at (858) 642-3508.

YOUTH ADVISORY BOARD OFFERS SAT HELP FOR STUDENTS

Derrick White of Councilman Lewis's staff announced a program that will provide SAT assistance to teach students strategies on how to obtain a high score on the actual SAT test.

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The program will run from October 14th through October 30th and will consist of three sessions. The first session will provide general test taking strategies and tips on obtaining financial aid. The second session will cover Verbal and Math Reasoning I. The third and final session will cover Verbal and Math Reasoning II. This training is recommended for youth in grade 9 through 12. You must register for all three workshops. Seating is limited. Please call Derrick White at (619) 236-6644 for additional information. To register please dial (619) 527-3405.

COMLINK PROVIDES TRANSPORTATION

In the past it has been difficult to provide transportation for our seniors. Faith Based organizations and Department of Health & Human Services came together in 1996 and formed a non-profit organization known as "All Congregation Together ComLink Transportation" that provides a 14 passenger van to assist our seniors in getting to medical and dental appointments, social events, nutrition sites, Older Adult Classes, recreations trips, and other travel needs.

Director Rosemary White-Pope is pleased to invite seniors to call the Resource Center at (619) 266-2066 to schedule the van. Transportation is also available to Market Street Plaza, Food 4 Less, Bank of America, Union Bank, 99 Cent Store, Henry's Market, \$5 Dollar Store, SDG&E and more.

Please call Ms. Pope and discuss your transportation needs.

NEXT MEETING

October 3, 2003

1:30 p.m.

Martin Luther King, Jr.

Park and Recreation Center

6401 Skyline Drive

San Diego, CA 92114